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Special island

Where's the longest island in the world? It may help if you call to mind a state whose residents are always bragging about size. See L. M. Boyd, inside.

Holidays stolen

There's a rumor the Republicans are trying to grab the Fourth of July and Christmas as their private domain. Democats are alarmed. See Art Buchwald, inside.

OAS is unchanged

Despite promises of change by the secretary-general of the Organization of American States, new men occupy only three of 20 key posts. See Jack Anderson, inside.

Beat for the Lord

There's a new, joyous beat heard in some North Shores churches in a cautious probe of acceptance of youthful rhythms. See Billy Edson, inside.

Peninsula News SENTINEL

And The North Shores Sentinel

46th YEAR, NUMBER 53 | THURSDAY, JULY 2, 1970 | 2724 GARNET AVE., PACIFIC BEACH, CALIF. 92109

HOW ABOUT THAT

By WILFRID DELLQUEST

O America because you build for mankind I build for you.

—Walt Whitman

* * *

GREAT DAY IN THEIR lives: Mrs. Marian Dinant, of Pacific Beach, who served her precinct on the election board at the recent primary, writes: "I think it is too bad that all of the people who were born in these United States don't have the same feeling that is expressed by the foreign born when they receive their citizenship papers and appreciate the great privilege of becoming American citizens."

DELLQUEST

Mrs. Dinant mentioned particularly the example of local businessman Robert Balder who came to America from Holland and, together with his wife, who was also born in Holland, became citizens of the United States the past month.

In preparation for the great day in their lives, the Balders studied American government and citizenship at Hoover High adult school under the instruction of Gracia Laubmeyer. They acquired in their night class a knowledge and realization of what America stands for and a depth of understanding far in excess of that possessed by the average native born American.

Immediately after becoming a citizen, Balder went to the Registrar of Voters office and enthusiastically proclaimed: "Now I want to register to vote! I am an American citizen!" When told that he was a little too late to register for the June primary, but that he could register for the November voting, he exclaimed: "Good! I'll be the first name on the book!"

If more Americans who are citizens by birth instead of by choice had the same eagerness to participate in our democratic processes as Robert Balder, we would now be well on our way to a rational solution of many of the problems that distress us so critically. For the Balders, American citizenship was a privilege to be prized, to be taken seriously and to be practiced upon every possible occasion.

THOSE WHO CAN'T BE bothered: A contrast comes to mind, a contrast with millions of Americans who take their birthright for granted and conveniently find more important things to do than to register or to vote when election days come around.

The right to vote and the responsibilities of citizenship are among the most important things in our lives, and yet how easily many of us set them aside upon the flimsiest of pretexts: "It looks like rain!" . . . "I think I have a headache coming on!" . . . "I can't bother with voting today. I have some shopping to do." "What's the difference? Those guys are all crooks anyway!"

Sometimes they learn the hard way. The most precious things in our existence are best appreciated when we have to do without them. One of the best ways to appreciate America and to get tears in your eyes and a lump in your throat at the sight of the old flag is to live elsewhere for awhile.

LOVE AFFAIR: I ONCE spent some time in Central America, and stayed for a few days at Merida before going to El Progreso to take the Ward liner Vigilancia for my return to New York.

On shipboard were seven rough, tough, hard-bitten roustabouts who had lived for three years in the jungle with an oil exploration crew. The Vigilancia crawled though a fog into New York harbor. All at once the fog lifted and there, close to port, loomed the Statue of Liberty, a Colossus indeed in her impressive dignity of green patina.

The seven hardboiled oil workers stood clustered together staring in silence at the statue, their caps in their hands. A small girl pointed at them and said to her mother: "Mama, why are those men crying?" Her mother led her away: "Don't point and don't stare; it's not nice. Those men can't help crying. They are coming home." And the grand old Lady in the harbor seemed to smile as she lifted her lamp beside the Golden Door.

PATIENCE

The Sentinel had 254 bingo winners for May. Winners will be notified soon, and will receive equal awards—as soon as our staff can verify the winners.

CURE urges desegregation

Segregation still exists in the San Diego public school system, according to C. S. Switt, president of Citizens United for Racial Equality (CURE).

Swift appeared before the Board of Education Tuesday to make this charge.

"CURE is here to present you with the names of 623 citizens of the city of San Diego who recently signed petitions urging integration of the schools at once by using whatever techniques are necessary, including busing," said Swift.

"The original petitions are being sent to Presdent Richard Nixon, with copies to other federal and state administrators and legislators. We were moved to circulate these petitions when the State Board of Education suddenly rescinded its criteria of racial imbalance.

"CURE has appeared before you several times," said Swift, "each time in support of integration. We have based our support on these points, all grounded in hard, practical experience.

"Schools in San Diego are segregated. Segregated education is inferior education. Integration is educationally sound. Enriched programs in disadvantaged neighborhoods have not been satisfactory substitutes for integration," he said.

"School integration promotes integration in housing. Integration is inevitable. While administrators and legislators have been equivocating in their actions, the courts have not. A recent example of court action is the rejection by U.S. Ditsrict Court Judge Robert R. Mehrige Jr. of a Health, Education and Welfare desegregation plan submitted on behalf of the City of Richmond."

The HEW plan, based on the neighbohood school principle, was rejected because it was made "without regard for the law," Swift said. "It achieved only a 'sprinkling' of integration that was not meaningful. Forty eight per cent of the people support the order of the Supreme Cout to desegregate now. Only 40 per cent oppose it. This support for the desegregation was dramatically demonstrated by the powerful reaction against the nominations of Judges Haynsworth and Carswell," Swift said.

"We are deeply disappointed that it appears there will be no expansion of the Silvergate Fremont programs," added Swift. "We realize the funds are short. We realize there is opposition to integration. But we hope there are other realities even more pressing and inevitable that must be faced.

"CURE suggest that many more than you realize are ready to respond now to strong leadership," Swift said. "We hope these names will encourage you to move ahead with integration plans. Here is a source of community support."

Rangers plan talks at library

National Park Rangers are to visit the Summer Reading Club at the Point Loma branch library 2130 Poinsettia Drive.

Dave Whitman and Mike Theriot, rangers from Cabrillo National Monument, are to talk to boys and girls about the work of a National Park Ranger. The Rangers are to drive a patrol car carrying equipment used in various phases of a ranger's work. They are to demonstrate equipment used in rescue work, fire fighting and communications. A movie also is to be shown.

Theriot is to visit the program on Monday, at 9:30 a.m. for boys and girls entering 4th through 7th grades. Whitman is to talk to children entering 1st through 3rd grades on Wednesday 9:30 a.m.

Point Loma branch library is open Monday through Thursday, 1-9 p.m. and Friday and Saturday, 9:30 a.m. to 5:30 p.m.

Prowlers do 'gem' dandy job in PB garage

Prowlers escaped with $10,500 worth of stones and semi precious stones after breaking into the home of Archie Keenan, 1175 Hornblend St., Pacific Beach, police reported this week.

The loot was found in a display stand in Keenan's garage workshop, police said. Among items stolen were four pounds of tourmaline worth $5,000 and 40 pieces of Mexican opal valued at $1,400.

Rec center schedules class in film making

A course in motion picture film making has been announced by the Ocean Beach Recreation Center.

The course, to last six weeks, will be taught by Mike Greenwald, a teacher at St. Augustine High School, according to recreation leader Ken Klampen. The class is to involve all the processes involved in making a studio production.

The instruction will be followed, Klampen said, by the teens actually making a complete 16 mm color motion picture.

A limited enrollment for the course, to begin July 7, will be accepted at $4 per person, the recreation leader said. Further information on the course is available by visiting the center at 4826 Santa Monica Ave. in Ocean Beach, or by calling 223-1175.

Calhoun honored by PTA

A farewell luncheon for C. R. Calhoun, principal of Cabrillo School, was held Thursday at the Point Loma home of Mrs. Lowell North, 850 San Antonio Place.

Calhoun, who has been principal of Cabrillo School for the past five years and earlier in his career a sixth grade teacher there, was honored by the PTA presidents and some 30 board members before he assumes a new post as Supervisor for the Physically Handicapped in the Exceptional Child Services.

He has been an educator in the San Diego School District for 17 years, and has served as vice principal at Logan and principal at Wiggins schools.

Mrs. W. D Hargus, current Cabrillo PTA president, organized the luncheon to which all of the PTA presidents involved with the school during Calhoun's period of administration attended, including Mrs. Robert Walker, Mrs. Richard Andersen, Mrs. John Mehnert and Mrs. Peter Peckham.

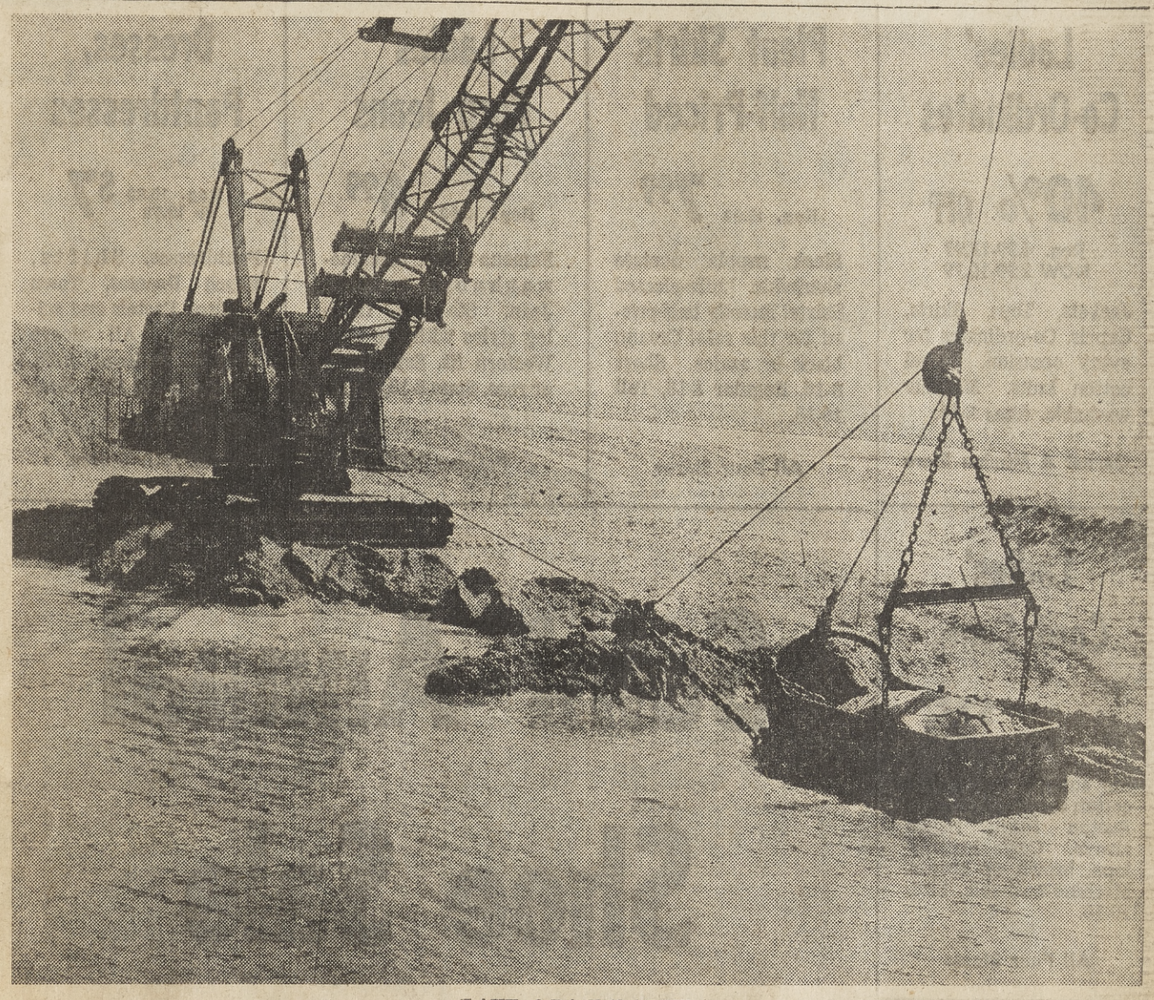
C. R. CALHOUN
Honored by PTA

Deadlines for Fourth of July

With the Fourth of July holiday coming up this week, deadlines at the Sentinel are being set ahead to permit the staff to have a day off.

Deadline for classified ads will be 6 p.m. today for regular classifications. Too Late to Classify deadline is 11 a.m. Friday.

Church news deadline is set up also. Instead of the regular noon Saturday deadline, noon Friday will be observed.



'LAKE O.B.' ENLARGED

Construction crews Monday dig out more of the pit which is to hold the foundation for the south jetty extension in Ocean Beach Park. Weekend beachgoers dubbed the water-filled hole "Lake O.B.," and at one point Saturday afternoon, nearly 200 bathers and waders were clustered around its "shores."

No marina planned for river, city says

There are no plans for a marina upstream in the San Diego River.

"I do not know of, and I have never seen any plans for a marina anywhere in the river," Assistant City Manager Meno Wilhelms told a group of Ocean Beach civic leaders Monday. The occasion was a special meeting called by the city to explain the Ocean Beach jetty project to the leaders.

Wilhelms said he thought the rumor might have started from a model which the Planning Department had several years ago. The model depicted a series of lakes in the river, but it was never seriously considered as a project, he said.

"From an engineering point of view, it's not feasible at all," Wilhelms said. He stated there is a 54 foot elevation differential between the mouth of the river and U.S. 395, and any marina project would require an intricate series of locks to keep the water at a usable level.

However, the city plans to use part of the river — a section between the Ingraham Street bridge and the mouth — for a "competitive aquatics" area, the assistant city manager said. He said the marine stadium could be used for racing such as "limited type boats" and sculling.

Glenda Ferris, a member of the Ocean Beach Ecology Action Committee and of the Ocean Beach Town Council board of directors, protested the noise which would result from the limited class hydroplanes and suggested the city locate the racing area in some other part of the bay.

"When you've got a recreation facility of this type," Wilhelms told her, "you're going to have noise." He said the boat racing area was being developed because there is a great deal of local interest in the sport. In reference to power boating in general, Wilhelms stated: "That's what the bay is there for; that's how it's designed."

Plans, Wilhelms said, call for dredging the marine stadium out of the river bed sometime in the future, but no specific date has been set for the project. He said about seven feet below the mean low water line will be dredged out of the eastern end. He estimated a total of 750,000 cubic yards of material would be dredged.

Army Corp of Engineers representative Dave Ralston, project engineer for the jetty, concurred with Wilhelms that no project date had been set for the stadium. On future dredging contracts, he said, there are "none that I know of, and our office said no."

Besides Wilhelms and Ralston, other government officials at the Monday afternoon meeting included City Councilman Sam T. Loftin; George Story, of the Community Relations Department; John Fowler, from the City Engineer's office; and Vic Wilson, Ocean Beach Community Relations officer of the San Diego Police Department.

Civic leaders at the meeting included Dick Ridenour and Al Vallin, Ocean Beach Town Council; Ramona Peterson and Tom Smith, Peninsula Chamber of Commerce; Jack and Gloria Crowningshield, Sunset Cliffs Anti-Erosion Committee; Tom Bailey, Mrs. Ferris and Dick Nolan, Ocean Beach Ecology Action Committee. In addition, about two dozen other Ocean Beach citizens attended.

Near the end of the meeting, Mrs. Crowningshield and Mrs. Peterson both endorsed the jetty project. Bailey rebutted their remarks.

Guidance plan gets School Board veto

In a move which can only be described as conservative, the Board of Education Tuesday passed over the recommendation of the acting superintendent, Howard Crofts, that the San Diego Unified School District participate in an innovative counseling and guidance project.

The entire $200,000 project would have been financed by the Rockefeller Foundation with no net cost to the school district.

ARNOLD STEELE, BOARD member, suggested that "sensitivity training" was one reason for disapproval of the program. Other board members concurred, with only the Rev. George W. Smith, board president, urging the authority for the district to participate in the project. "New Look in Counseling and Guidance for the '70's and the Twenty-first Century" to operate in conjunction with a project being submitted by San Diego State College.

There was no second to the motion that the plan be adopted.

Crofts said that if these projects were approved, it would be proposed that the financial management of these projects be handled through the San Diego Education Fund, a nonprofit corporation authorized under the laws of the State of California.

THE OBJECTIVES OF the rejected program were to develop a "counseling team" that would successfully integrate professional counseling personnel with a variety of paraprofessionals, peer counselors, counseling aide and new career trainees.

Steele said he felt this semi-professional aid would "not be fair" to the students in the district.

Another objective was to establish a model for an in-service development and training program for counseling personnel in the district. The program was planned in a three-year program with the second and third years being dependent upon the success of the first year's efforts.

Smith said the rejection of the Rockefeller Foundation funds for "innovative" projects such as this one will jeopardize aid from that institution in the future.

SALE

Ocean Beach merchants will offer "Bang-up Bargains" during their annual Fourth of July sale. See today's Peninsula News Sentinel and cash in on these extra savings.

Sewage treatment study okd

City councilmen voted Tuesday to approve a resolution authorizing the city manager to amend an agreement made in January, 1969, with Koebig and Koebig Inc., to study certain proposed modifications to the Point Loma Sewerage treatment plant.

The study involved existing hydraulic structures, control devices, ventilation equipment and electrical facilities, and changes to be required to give better protection against both corrosion and escaping odorous gases.

The 1969 agreement further provided that, in the event construction work was required, Koebig and Koebig would prepare plans and specifications for an amount not to exceed $32,000 based on an assumed construction cost of $300,000.

The study phase of the project is now completed, according to Walter Hahn, city manager. "Structural corrosion is considerably worse than anticipated and more drastic control measures must be instituted," he said.

CATCHING HER FANCY

Katherina Luz, 1½, daughter of Mr. and Mrs. David E. Luz, Canon St., Point Loma, is fascinated by a bubbling pool in a blue ribbon-winning display entered in the Flower Show at the Southern California Expostion in Del Mar by the San Dieguito Garden Club. The Exposition runs through Sunday.

MILLER'S WEST

Specials for the Holiday Weekend! Open till 9 Friday Night

JULY 4th SALE! We Shoot the Works

Thursday, Friday at All Four Stores — Miller's West Will be Closed Saturday, July 4

Ladies' Co-Ordinates

40% OFF

Reg. 4.99-17.99 NOW 2.99-10.79

Jackets, Tops, Skirts, Capris. Co-ordinates for every occasion. Cool cotton knits. Machine washable. Sizes 8-16.

Garnet & Mission Store

Pleat Skirts Half-Priced

Reg. 15.99 7.99

Sleek, supple acetate sharkskin knife-pleated Skirts! Exactly half-priced for this sale! Cream, black or azalea. Short 8-16, Regular 8-18, Tall 10-18.

All Four Stores

Ladies' Cord Jeans

Reg. 10.99 6.99

Famous-make, machine-washable corduroy Jean. Sta-prest, flare-leg styles with the trim Western fit. Sand, blue or rose. Sizes 8-10, 14-16.

Fashion Valley

Dresses, Pantdresses

Reg. 10.99 to 19.99 $7

Pantdresses, Shifts, Beach Dresses, Town Dresses. Pastels and solid colors. All sleeve lengths. Misses' 8-20, Juniors' 5-13, Half Sizes 12½-26½.

All Four Stores

Men's Knit Shirts

Reg. $4 2.99

Cool cotton knit shirts striped in brown, olive, or navy on white background. Short-sleeve crew neck style pullovers. Sizes S-M-LXL.

Garnet & Mission, Loma Square, Fashion Valley

Ladies' Cord Coats

Reg. 19.99 $15

For summer, hip length cotton corduroy Jackets. Button front, raglan sleeve. Coats in antelope, brown or bronze. Machine-washable. Sizes 10-18.

All Four Stores

Men's Bermudas

Reg. $5 3.99

No-ironing! Baked - in press, machine - wash, machine - dry. Classic belt-loop styles. Even sizes only, 30 to 40. Gold, olive, blue, tan. Limited quantities.

Garnet & Mission, Loma Square

Ladies' Sleep Shifts

Reg. 3.98 2.99

Look cool and beautiful in this Dacron®-nylon-cotton blend nightie. Dainty pastel prints, solid colors. Lace trim. Sizes 32-40.

All Four Stores

Men's Swim Trunks

Reg. $5 3.99

Fast-drying 50% polyester, 50% cotton. Drawstring Boxer or zip-front Boxer Swim Suits with built-in supporters. S-M-L-XL. Limited quantities.

Garnet & Mission, Loma Square

Ladies' Cotton Dusters

Reg. 8.98 6.99

Flower-printed or pastel robes in stay press cotton. Cool and lightweight. Some with lace trim. S-M-L.

All Four Stores

Boys' Knit Shirts

Reg. $3 each 2 for $3

Cool cotton knit pullover T-shirts. Machine washable. 100% cotton. Blue and green. Boys' sizes 8-18. Great for summer!

Garnet & Mission Store

Ladies' Panty Hose

Low Price 99¢

Nylon panty hose that cling to every curve. One size fits all from 5 ft. to 5 ft. 8 in. Beige, Suntan, Taupe and Cinnamon.

All Four Stores

Semi-Annual Shoe Sale

Nationally Known Name-Brand Shoes Priced to Clear!

Life Stride

Reg. to 18.99, Now 13.90

Miss America

Reg. to 15.99, Now 11.90

Famous Brand Sports & Casuals

Reg. to 15.99, Now 8.90

Classic or fancy pumps, pantshoes, sandal-looks, chunky heels, slim heels. Styles for dress, styles for sports. Butter-soft leathers, top-fashion colors. Buy for now, buy for later. A full range of ladies' sizes to start. Put your best foot forward — and save!

Garnet & Mission Store Only

Girls' Short Sets

Reg. 6.99 $3

Reg. 7.99 $4

Girls' sizes 3-6x and 7 to 14. Sleeveless pullover striped top with V-neck. 100% nylon knits, machine - washable. Many colors.

Garnet & Mission Store

Summer Dresses

Reg. 12.99 to 16.99 $11

Polyester-knit Jumper with deep v-neck and cut-out sides; belted pantdresses; shifts, sleeveless with embroidered trim. Cotton, Arnel® and rayon blends.

All Four Stores

Fieldcrest Bath Towels

Reg. 3.50 2 for 3.50

Slightly irreg. Lustre bath towels. Soft-touch finish. 27" x 48" size. Fifteen colors to choose from. Hand towels, wash cloths also on sale.

Garnet & Mission Store

Fieldcrest Bath Towels

Reg. 4.50 $2

Fringed Reverie Bath Towels with big flower design in blue, pink or gold on white ground. Big 26" x 50" size.

Garnet & Mission Store

Fieldcrest Blankets

Reg. 7.99 $5

72" x 90" Thermal-Blanket fits twin or full-size bed. Polyester-rayon. Verdian green, white and pink.

Garnet & Mission Store

Polyester Bed Pillows

Reg. $5 each 2 for $5

Plump non - allergenic bed pillows. 100% polyester fiber filling, cotton cover. Standard size 20" x 26". Blue, gold or pink print.

Garnet & Mission Store

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Free Parking 488-1071
Mon. & Fri. 9:30 to 9
Other days 9:30 to 5:30

Pacific Plaza Store in the Plaza, Garnet Ave. East of Ingraham
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Other days 9:30 to 5:30

Loma Square Store
Midway & Rosecrans
224-3458. Mon., Thurs., Fri. 10 to 9, Tues. & Wed. 10 to 5:30.. Sat. 9:30 to 5:30

Fashion Valley Store
Open Mon., Thurs., Fri. 10 to 9. Other Days 10 to 5:30. 291-7420

ART BUCHWALD

GOP steals the holidays

By ART BUCHWALD

The Democrats won't say it publicly, but they're not too happy abou the Republicans stealing the Fourth of July. While the "Honor America Day" celebration in Washington has been advertised as nonpartisan, any professional politician knows that when the American public sees Billy Graham, Bob Hope and Lawrence Welk on the platform, the Nixon Administration will be the only ones enjoying the fireworks.

BUCHWALD

An official of the Democratic National Committee said "I can't blame the Republicans for what they've done. The Fourth of July has been around for a long time, and we never thought to do anything with it. All we ever considered it was just a national holiday."

"BUT IF YOU BELIEVE the Republicans stole the Fourth of July, why did the Democrats join the celebration committee?"

"The Republicans sandbagged us. They invited us to join and had we refused, it would have looked as if we were spitting on Mom's apple pie. How can any politician in this country come out against the Fourth of July?"

"What makes you think the Republicans will try to cash in on the Fourth of July?"

"Nothing I can put my finger on, but the other day I was up at the capitol for a flag-raising ceremony and after the Marine Band played, 'The Star Spangled Banner,' I overheard Congressman Gerry Ford whisper to Sen. Hugh Scott, 'They're playing our song.'"

"It sounds like you did get sandbagged," I said.

"WE CAN'T DO ANYTHING about the Fourth of July any more," she said sadly. "But what we're starting to worry about is Christmas."

"You don't think the Republicans would steal Christmas?" I asked aghast.

"It's in the works already. Bing Crosby and Dr. Norman Vincent Peale have been asked to head the 'Keep Christmas in America' committee. which is supposed to bring Americans together on Christmas morning."

"But it's too cold to hold a rally on the Washington Mall on Christmas morning," I protested.

"This one will be on television. The plan is to have Martha Mitchell and Atty. Gen. Mitchell read from 'A Christmas Carol,' and David Eisenhower has agreed to play Tiny Tim. To make it bipartisan, they've asked the Democrats to supply someone to play Scrooge."

"I can't believe it."

"YOU CAN'T, HUH? THEN why has Spiro Agnew been secretly rehearsing 'Silent Night' with the Mormon Tabernacle Choir?"

"I didn't know that."

"We also have confirmation that the Walt Disney people are building a huge manger at the winter White House in Key Biscayne, where the President is expected to speak."

"The way you describe it, this could even be bigger than 'Honor America Day.'"

"If the Republicans grab both the Fourth of July and Christmas," my informant said, "it's going to be tough for the Democrats to ever come back."

"Isn't there some way you can get the Republicans to give you equal time, if for no other reason than to preserve the two-party system?"

"They've offered us equal time: They said we could have New Year's Day . . . opposite the Rose Bowl Game."

500 European jobs for students offered

Princeton Research Corp. officials announced in Panorama City, Calif., that they have 500 salaried jobs available, year around, in England and Europe for young Californians 18 to 25 years of age.

The aim of this Jobs Europe program is to give young Californians an inexpensive and unique opportunity to live in, and learn about, Europe. This is the 10th anniversary of their youth jobs program. To date, 5,000 students have worked in Europe with their help.

To celebrate the Jobs Europe 10th anniversary program the staff has arranged 500 guaranteed jobs for work in London for anytime of the year. Previously the program was mostly for summer jobs in Switzerland.

These salaried jobs are mostly with large London hotels. The minimum working period is 4 months, but can be longer if desired. The working hours are 45 per week and most jobs include board and room. Friends can work together if they apply together.

A feature of the program, besides the guaranteed London job, is the fact that participants are free to travel where they wish after completing their work assignment.

For details write to Princeton Research Corp., Jobs Europe Program, 13355 Cantara St., Panorama City, 91402.

ADJUSTMENT

Happiness consists mostly in being satisfied with not having a great many things we would like to have.

Committee oks three bills on dangerous drugs

Three bills were recently approved by the assembly committee on Health and Welfare.

Authored by Assemblyman William Campbell (R-Hacienda Heights), chairman of the subcommittee on Alcoholism and Drug Abuse, the measures would provide tight controls over the manufacture, sale and distribution of dangerous drugs; reclassify marijuana from its present category as a narcotic to a restricted dangerous drug (without changing the penalties for violations and require triplicate prescription procedures (as presently required for narcotics) for all restricted dangerous drugs.

Campbell is also the author of a bill which would make it a felony to possess the basic ingredients of Methamphetamine or "speed" as it is more commonly known. The bill has been approved by the Assembly and is now before the Senate.

Pony League plans meeting

Kearny Mesa Pony League is to have a general meeting on Monday at 7:30 p.m. at the Beale School Auditorium.

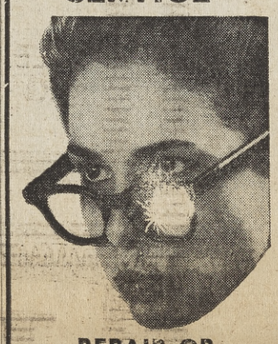
All-Stars are to be introduced, along with the manager and coach. Tournament news is to be presented.

Elections for the 1970-71 board of directors is to take place. All parents have been urged to attend this important meeting.

ON WINGS

The buying power of a dollar today is unable to keep up with its good-bying power.

ONE DAY SERVICE



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COUPON GOOD JULY 2 Thru JULY 8
This coupon good for TRIPLE the number of regular size Blue Chip Stamps regularly given with one total register slip on purchase. Excluding purchase of fluid dairy products, tobacco and liquor. One coupon per customer, adults only.
FOR STORE USE ONLY CASHIER INSERT AMOUNT OF PURCHASE

mayfair Liquors
BEER GOLDEN BREW PREMIUM
CASE OF 24 12-OZ. CANS $2.79

VODKA or GIN ROYAL OCCASION . . . . . HALF GALLON $7.99

DEW of KILKARREN SCOTCH IMPORTED FROM SCOTLAND 80-PROOF . . . . . QUART $4.99

CLUB CANNED COCKTAILS WHISKEY SOUR, SCREWDRIVER, MARTINI, DAIQUIRI, MARGARITA, GIMLET . . . . . ½ PINT CAN 99c

BOURBON SAMUEL SYKES KTY. ST. 86-PROOF FIFTH $3.99
BRANDY ROYAL OCCASION CALIF. 80-PROOF FIFTH $3.69

SMOKED HAMS
HOFFMAN'S FULLY COOKED
FULL SHANK HALF 45c LB.
BUTT PORTION 59c lb.

TAVERN HAMS BONELESS READY-TO-EAT HOFFMAN OR WILSON FESTIVAL $1.39 lb.

LEAN PORK SPARERIBS BARBECUE SPECIAL EASTERN PORK . . . . . 69c LB.

RIB STEAKS or RIB ROASTS U.S.D.A. CHOICE . . . . . 98c LB.

ROCK CORNISH GAME HENS U.S.D.A. GRADE A 18-OZ. MIN. NET WT. . . . . 79c LB.

BONELESS STEAKS
U.S.D.A. CHOICE STEER BEEF
CHUCK FAMILY OR SWISS
98c LB.

FRESH HEN TURKEYS
U.S.D.A. GRADE A EXCELLENT FOR ROASTING OR BARBECUEING
45c LB.

POLISH SAUSAGE WILSON . . . . . LB. 98c
PORK LINK SAUSAGE HOFFMAN SKINLESS 8-OZ. PKG. 33c
MAYFRESH BACON OR HOFFMAN BETTERMAID . . . . . LB. 79c
SIGMAN BACON VACUUM PACKED . . . . . LB. 79c
BONELESS ROAST SHOULDER CLOD . . . . . LB. 98c
BONELESS CHUCK ROAST . . . . . LB. 98c
STEWING BEEF BONELESS . . . . . LB. 98c
CRISPRITE BACON WILSON . . . . . LB. 69c

CALIFORNIA GROWN FRESH FROM FOSTER FARMS
FRYER LEGS AND THIGHS
WHOLE LEGS
49c LB.

mayfair Delicatessen
FRANKS OL' VIRGINIA TENDER & JUICY 12-OZ. PKG. 49c

MAYFRESH SALADS 14-OZ. CUP POTATO, MACARONI, COLE SLAW & CARROT DELIGHT . . . . . 33c ea.
HOFFMAN CANNED HAMS BETTERMAID 5-LB. CAN $4.98
LUNCHEON MEATS RATH'S ALL MEAT OR ALL BEEF BOLOGNA COTTO SALAMI & LUNCHEON 12-OZ. PKG. 69c
ALL MEAT FRANKS OSCAR MAYER . . . . . LB. 79c
BISCUIT HUNGRY JACK BUTTERMILK OR FLAKY 9.5-OZ. TUBE 27c

GELATIN ROYAL 3-OZ. PKG. . . . . 12 for $1
PAPER PLATES QUIK SERV & BONDWARE 80-CT. 59c
LOTION FOR TANNING COPPERTONE 4-OZ. SIZE $1.19
PICKLES CUCUMBER MAYFRESH 22-OZ. JAR 39c

REMINDER FOR PICNIC NEEDS
DAYTIME MARSHMALLOWS 1-LB. PKG. . . . . 4 for $1
FRENCH MUSTARD 12-OZ. PUMP PAK JAR 29c
RIPE PITTED OLIVES OBERTI NO. 300 CAN LARGE SIZE 39c
BAR-B-QUE SAUCE CHRIS & PITTS 14-OZ. JAR . . . . . 3 for $1
NABISCO SNACK CRACKERS ASST'D. PKG. 43c

24 Karat ELECTROPLATED GOLD TABLEWARE
This beautiful 3 piece PLACE SETTING Dinner Fork, Knife and Spoon Only! $1.49 WITH EACH $3 PURCHASE
OR FOR $1.99 NO PURCHASE NECESSARY
SAVE ON HOSTESS PIECES NOW!

CHARCOAL BRIQUETS COLLIERS 5-LB. BAG 55c 10-LB. BAG 79c
READY-TO-EAT SNACKS CHEESE CRISP 6-OZ. FLAVORED OR REG. POPCORN PUFFS 6-OZ., CARMEL CORN 8½-PKG. 4 for $1

PAMPER DIAPERS DAYTIME DISPOSABLE 30's $1.59
DIET MARGARINE IMPERIAL 1-LB. PKG. 43c

mayfair BAKERY
EFFECTIVE JULY 2-JULY 8
GARLIC BREAD each 65c
pkg. of 6 HAMBURGER BUNS 27c
PLAIN LOAF CAKE EACH 36c

Arden Dairy Specials!
JUICE BARS DOUBLE BUDDIES FROZEN
6-PK. BOX . . . . . 4 for $1
ARDEN ICE CREAM FLAVOR FRESH HALF GAL. 69c
COTTAGE CHEESE ARDEN CREAMED QT. . . . . 59c PINT 31c

HILLS BROS. COFFEE 3-LB. CAN . . . $2.52 2-LB. CAN . . . $1.73 1-LB. CAN 87c

KAL KAN MPS WITH CHICKEN PARTS 15-OZ. CAN 23c
KAL KAN CHUNK BEEF BY PRODUCT 14-OZ. CAN 2 for 57c

ADVERTISED PRICES EFFECTIVE 7 FULL DAYS
THURSDAY, JULY 2 THRU WED., JULY 8
NOW OPEN 24 HOURS Ocean Beach 4480 Niagara

WE RESERVE THE RIGHT TO REFUSE SALES TO COMMERCIAL DEALER

mayfair SUPERMARKETS

John Starkey elected to head CHAD board

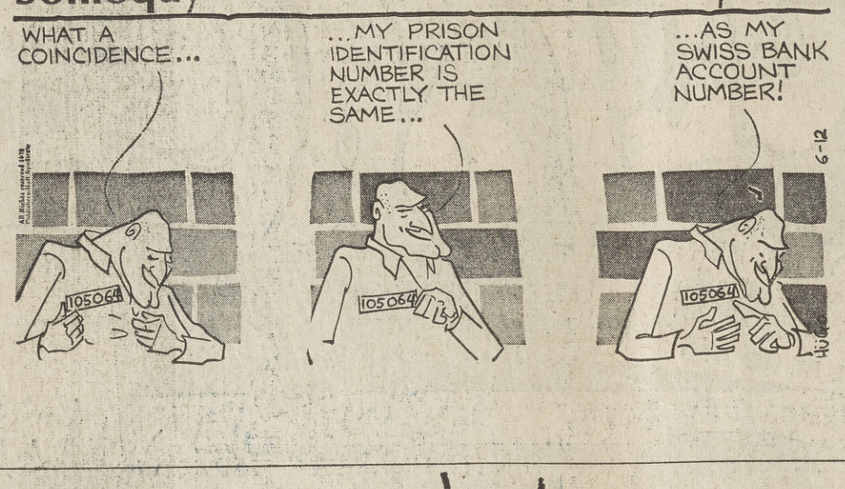
John P. Starkey, 3115 McCall St., Point Loma, native San Diegan and president of Southern Mortgage Co. and the John P. Starkey Co., has been elected chairman of the board of directors of the Combined Health Agencies Drive (CHAD).

He was installed in this office at the organization's first annual meeting Monday at the Royal Inn at the Wharf.

Starkey, who replaces Mrs. Fran Leland, CHAD's first chairman, was officially installed by Dr. A. Merton Bassett, Chairman of the CHAD advisory board. Eight major national health agencies are members of CHAD, which is currently soliciting San Diego's business and industrial firms and employees only.

They are: American Cancer Society, American Heart Association, Arthritis Foundation, National Mental Health Association, Muscular Dystrophy Associations of America, National Cystic Fibrosis Research Foundation, National Multiple Scleroris Society and National Society for the Prevention of Blindness.

Billy Mills, Olympic Gold Medal winner, who has served as campaign chairman, was presented a plaque for his dedication and efforts in support of CHAD. Howard F. "Dinty" Moore, who served as chairman of the campaign committee, assisted Mills in presenting certificates to those who endorsed the CHAD concept.



JULY 4th SALE!

JULY 2nd-3rd-4th
LOADS OF FREE PARKING!

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ELM'S . . . Our 34th Year

MID-YEAR CLEARANCE SALE

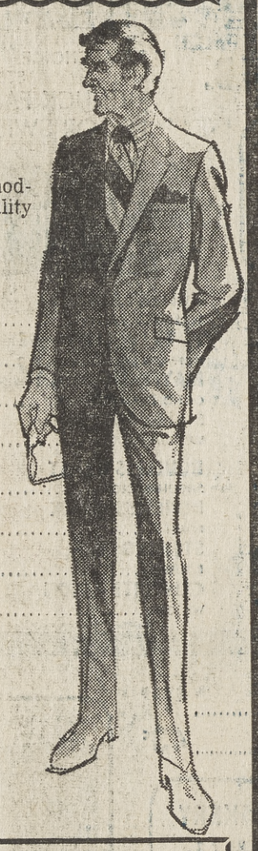
Extra Special Savings!!
MEN'S SUITS
REG. 59.95 to 110.00
29.98 to 55.00
ONE GROUP 1/2 PRICE

Extra Special Savings!!
MEN'S
Sport Coats
REG. 35.00 to 75.00
17.50 to 37.50
ONE GROUP 1/2 PRICE

CONFIDENCE BRAND NAMES SATISFACTION
Award Winning Retailer

MEN'S SUITS
NATIONALLY FAMOUS BRANDS REDUCED NOW!

The newest models, fabrics and colors including shaped models, the coats with wider lapels and deep center vents. Quality clothing from our regular stock.



Hart Schaffner and Marx
Were 115.00 to 135.00 — 89.98 to 104.98

Louis Roth
Were 215.00 to 235.00 — 169.00 to 179.00

Palm Beach and Ratner Suits
Were 69.95 to 95.00 — 54.98 to 76.98

No Charge for Cuffing

SPORT COATS
HART SCHAFFNER & MARX, PALM BEACH, RATNER and MR. MARK
A fine selection in a variety of models.
WERE 37.50 to 89.95 — 29.98 to 72.98

FAMOUS BRANDS DRESS SHIRTS Special Groups — WERE 5.50 to 10.00 — 2.98 to 6.98

SPORT SHIRTS Selection of Famous Makes — WERE 5.00 to 14.00 — 3.98 to 10.98

CASUAL SLACKS
PERMANENT PRESSED FABRICS ONE GROUP
WERE 9.00 TO 11.00 — 6.88 to 7.88

MEN'S SHOES
FAMOUS MAKES
WERE 16.95 TO 20.95 — 12.98 to 16.98

USE ELM'S REVOLVING CHARGE PLAN
Also Master Charge or BankAmericard
Open Monday, Thursday, Friday Evenings 'til 9 p.m.
ELM'S 4985 NEWPORT AVE. OCEAN BEACH
OCEANSIDE CARLSBAD ESCONDIDO OCEAN BEACH EL CAJON

pretty easy-care SUMMER HAIRSTYLES

For that summer hair style, color or cut you want, call us for an appointment.
222-1133

WIGS CLEANED & STYLED
Postiche 5.50
Cascade 7.50
Wigs & Falls 8.50

Closed Sun. & Mon.
Tues. thru Fri. 8:30 a.m. to 9 p.m.
Sat. 'til 5 p.m.

Mademoiselles' Salon of Beauty
2127 POINSETTIA AT CHATSWORTH
STYLISTS ALWAYS NEEDED

GERARDI'S POWER PROTEIN
For Weight Control
The Pick-Up of a Large Meal With the Calories of a Snack — FILLS YOU UP . . . NOT OUT!

- 85% Protein
- 15 Calories per serving
- Mix it with juice or milk

30 DAY SUPPLY
3.95
FREE
WEIGHT CONTROL Program with Purchase of Power Protein
The Nutrition Shoppe & Gym
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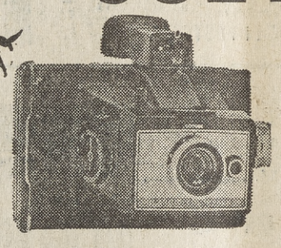
FREDNA'S CLOTHES CLOSET
1811 SUNSET CLIFFS BLVD. — OCEAN BEACH
JULY CLEARANCE SALE
OPEN SUNDAY 11 to 5:30 — FRI. 'TIL 9 P.M.

CATALINA HAIRSTYLING
(RECENTLY UNDER NEW OWNERSHIP)
JULY SPECIAL
REG. $7.00 VALUE

SHAMPOO - SET & HAIRCUT
COMPLETE 5.00
TUES. - WED. ONLY!
913 CATALINA BLVD. (NEXT TO FOOD BASKET)
For Appt. 222-7193
— Closed Mondays —

VALUES CORNET VARIETY

4th OF JULY SPECIALS



POLAROID Colorpack III CAMERA
REGULAR 39.95
28.97

SHASTA
12-OZ. CANNED POP
Ring-Pull Top
Assorted Flavors
9¢ ea. OR 2.38 Case of 24

MARSHAL POWER - HEAD LANTERN
Red Signal Flasher
REG. 2.89 — 1.88

WIG TOTE BAGS
REG. 5.49 — 2.88

KODAK MOVIE CAMERA SET
Fun Set Contains:
1 Camera, 1 Cartridge, Movie Film, 1 Carrying Case. REGULAR 33.95
27.95

FLASH CUBES

Reg. 1.44
SALE 86¢

STYLE HAIR SPRAY
REGULAR & SUPER HOLD
13-oz. Size
REG. 98c
48¢

FOR YOUR HOLIDAY NEEDS

- SUN GLASSES 19c to 1.99
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- PICNIC JUGS 1.27 to 2.77
- SWIM SUITS All Sizes
- STRAW HATS Big Selection

STYRO FOAM CUPS
7-oz. size
51 in package
Reg. 89c—SALE 56¢

9" PAPER PLATES
100 CT:
REG. 99c SALE ..... 77¢

BEACH TOWELS
30"x60", Assorted designs & sayings
REG. 1.98 — 1.47

FLEX STRAWS
50 CT. PKG.
ASST. COLORS
REG. 29c SALE 17¢

"TAN EASY"
SUN TAN LOTION
Rich in cocoa butter for deep tanning
REG. 1.49 SALE 66¢

SPECIALS AT OCEAN BEACH STORE ONLY
CORNET STORES
4864 NEWPORT AVE., Ocean Beach
DAILY 9 to 8 — FRI. 9 to 9 — SUN. 9:30 to 6
OPEN JULY 4th — 9:30 to 6 P.M.

Princeton lists two area grads

Two North Shores residents were graduated with honors from Princeton University's 1970 class.

Peter Malcolmson, 9454 Poole St., La Jolla, graduated with honors in mathematics.

Roderick Keir Smith, 3213 Poe Street, Loma Portal, graduated with high honors in chemistry.

More than 40 per cent of the graduating class departed with honors in their respective majors.

NO CONCLUSIONS

If all of the things many people say were laid end to end they would just lie there.

Soliloquy by HüGo

Soliloquy by HüGo

IN ORDER TO FIGHT RISING COSTS OF POLITICAL CAMPAIGNS IN THIS ELECTION YEAR...
...OUR NETWORK WILL PROGRAM FOR LATE-NIGHT VIEWING...
...THE OLD MOVIES THAT STAR CURRENT POLITICAL CONTESTANTS!
HÜGO

Summer hours for Cabrillo Monument begin

Cabrillo National Monument began its summer schedule of extended visiting hours, as well as an expanded series of auditorium programs the past week, according to Superintendent Thomas R. Tucker.

Through the cooperation of the Naval Electronics Laboratory Center which provides controlled access to the tip of Point Loma, the Monument will be open from 8:30 a.m. to 8 p.m. daily, including weekends and holidays, until Labor Day. Trere are no admission or user fees charged. .

BEACH

OVER 150 FINE STORES! Most Stores Open Friday Evening

JULY 2nd-3rd-4th

JULY 4th SALE!

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Fabulous Values on Brand-New Instant-Loading Flashcube Cameras

Get ready now for the great picture-taking days ahead! Just drop in your film and shoot—beautiful color pictures will be yours in a snap!

the great new look in fun cameras!

gaf ANSCOMATIC® 136 OUTFIT

Wow—look at that sleek new styling! And so simple to operate, Two-speed shutter sets itself automatically for indoor flash pictures or outdoor shooting. Double exposure prevention, too—and complete with detachable wrist strap, Anscopan® Anscopak™ film, two AAA batteries and flashcube. ***Unconditionally guaranteed for one full year.***

14.95 REG. 17.95

gaf ANSCOMATIC® 236 OUTFIT

with special low-light warning signal

Not sure if you have enough light to shoot? This camera will warn you—and you won't end up with dark, underexposed pictures! Also features two-speed shutter (1/40 for flash set automatically when flashcube is inserted; 1/90 for daylight), double exposure prevention, detachable wrist strap, Anscopan® Anscopak™ film, two AAA batteries and flashcube.

19.95 REG. 22.95

Ask for GAF Anscochrome® color slide film cartridges 20 beautiful, true-to-life color exposures...guaranteed to satisfy or a new roll free! Reg. 1.95 Only **$1.65**

KODACOLOR PRINTS ONLY **17¢** each

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Kim's *the fashionable family's shoe store*

OCEAN BEACH STORE ONLY!

SUMMER SHOE CLEARANCE

TREMENDOUS SAVINGS ON Women's, Children's & Men's Shoes

WOMEN'S **DRESS and CASUAL SHOES** Reg. 7.99 to 12.99 **4.97, 6.97, 8.97**

WOMEN'S **DRESS SHOES** Reg. 14.99 to $21.99 Naturalizer, Joyce, Mr. K **10.97, 12.97, 14.97**

Discontinued Styles — "STRIDE-RITE" CHILDREN'S **SHOES** According to Size **6.97, 7.97, 8.97**

MEN'S Discontinued Styles **SHOES** Reg. 11.99 to 17.99 **8.97**

Kim's *the fashionable family's shoe store*

• BankAmericard • Master Charge

OPEN FRIDAY NITE TILL 9

OCEAN BEACH 4932 NEWPORT

Don Heller

The Peninsula's favorite fashion store launches its biggest value event. Substantial reductions in most every department, timed for your vacation wardrobe savings spree!

SUMMER **CLEARANCE**

LADIES' DEPT.

DRESSES
Choose a casual shirt style, a soft, cool knit, or a cocktail glamour dress. A wide selection.

reg. 15. - 30. now **9.**
17. - 30. **12.**
30. - 40 **19.**
50. - 66. **29. & 39.**

COATS
Spring wools and junior-styled all weather coats.
reg. 35. - 45. ..... now **29.**

SLACKS
Washable knits from famous makers.
reg. 17. - 20. ..... now **12.**

Summer Sleepwear
Shifts, baby dolls, pajamas, in cool easy care blends.
reg. 6. - 9. ..... now **3.90 & 4.90**

LINGERIE
Nylon tricot, lace trimmed slips and ½ slips.
reg. 4. - 6. ..... now **2.90 & 3.90**

MAIDENFORM BRAS
Dreamliner and Shapemates styles.
reg. 5. ..... now **4.19**

FLAT SHOES
brocades and casual fabrics.
reg. 6. - 8. ..... now **3.**

PLUS . . . robes, handbags, jewelry, scarves reduced up to 50%

MEN'S DEPT.

SUITS
Record-breaking reductions on a big portion of our regular stock; choose from many models and colors.
reg. 100. - 125. ..... now **77.** 2 for 145.
115. - 155. ..... **97.** 2 for 185.

SPORTCOATS
Solid blazers, wool tweeds, lightweights; a broad color choice.
reg. 47.50 - 55. ..... now **38.**
55. - 70. ..... now **48.**

SLACKS
Novelty plaids and stripes
reg. 15. ..... now **9.90**

SWEATERS
Heather colors in pure lambswool; cardigans and pullovers.
Reg. 13. - 15. ..... now **8.**

TIES
Colorful silks and blends.
Reg. 5. - 8.50 ..... now **2.90 - 4.90**

KNIT SHIRTS
Exclusive label on full-fashioned washable orlons.
Reg. 11. - 14. ..... now **9.**

Major Brand Dress Shirts
Short sleeve whites and colors in dacron-cotton permanent press.
reg. 8. ..... now **5.29**
3 for 15.50

SHOES
French Shriner wing tip brogue; leather lined; black or brown.
reg. 30. ..... now **19.**

4827 NEWPORT *open Friday evenings* OCEAN BEACH

MISSION POSSIBLE!

YOU WERE BORN TO BE HAPPY! Does it surprise you to know that you are supposed to be successful and fulfilled in every part of your life? An international assemblage of speakers and teachers will attend a week-long seminar at Hotel Del Coronado July 5 through July 10. Plan now to attend, it will CHANGE YOUR LIFE! Seminar tickets $15, individual lectures $3. PLAN NOW TO ATTEND.

MAXWELL MALTZ, M.D.
"PSYCHO-CYBERNETICS AND SURVIVAL!"
Monday, July 6, 4:30-5:30 p.m.

GRAPHIC PANEL DISCUSSION
Teilhard de Chardin's 'Phenomenon of Man'
Wednesday, July 8, 2:00-5:00 p.m.

REV. CATHERINE PONDER
"Open Your Mind to Prosperity"
Tuesday, July 7, 4:30-5:30 p.m.

DR. JOSEPH MURPHY
"Emotional Balance and Self Discipline"
Thursday, July 9, 11:00 - NOON

MORE INFORMATION FROM
DR. KATHRYN BREESE
CONGRESS CHAIRMAN
666 THIRD AVE. — CHULA VISTA
420-9767 420-9768 420-9784

Use Sentinel Classifieds

Handicapped persons target for state aid

The state Department of Rehabilitation revealed this week 20,000 physically and mentally handicapped persons on welfare throughout the state have been identified as possible clients for rehabilitation for employment.

This was learned in a massive survey of county welfare records to locate handicapped persons on welfare who need or may benefit from vocational rehabilitation services.

State Director of Rehabilitation Robert E. Howard said, "Before the survey we only had estimates of the number of handicapped persons on welfare who have potential for vocational rehabilitation. Now we have more factual information. Of more than 1.7 million welfare recipients in California, the records of 167,852 disabled persons were surveyed, out of which 20,207 recipients were selected for possible referral to the Department of Rehabilitation.

Factors considered in determining who has the potential for employment after receiving vocational rehabilitation services were the severity of the disabilty, age, education, previous work history and family or personal problems.

Among the 20,207 recipients selected for potential referral to the state department of Rehabilitation by county welfare departments were 822 blind clients who, though not ready for vocational rehabilitation at this time, were judged to be candidates for the department's counselor-teacher program of helping blind persons to adjust to their handicap.

24 HOUR Electrical SERVICE
LICENSED ELECTRICIANS at your service . . .
• Wiring
• Installations
• Repairs
Goodwin ELECTRIC CO.
7454 Girard - La Jolla
459-3251

handwriting SECRETS

Eldene Whiting

Dear Eldene,

Do I remember your writing about dishonesty in a column once? I run a service station and my men are in and out of the till all day long. How can I be sure I hire honest men?

Dear Bob, an easy question to answer, but it carries complicated consequences. There are three sure ways of knowing if an employee is honest. One is to try him. It might be expensive, but you'll know quickly enough if he is dishonest.

A second method is to send his writing to a competent graphologist. Be sure to send at least a page and a half with his signature. You are asking a serious question, and it deserves a full chance to be proved.

In today's complex world we all use dishonesty daily but it is accepted. In fact, the purely honest person has few friends. We lie gently when we agree with a friend that his loud checked sport coat is okay. Or when we say we like the rhubarb and pineapple strudel our 14-year-old baked without sugar. We lie by implication and we lie by ommission.

Lying shows in handwriting by triple looped 'o's' and 'a's'. But a lawyer or salesman or speaker needs the facility with words that this handwriting trait reveals. In case of the same trait in the writing of a scientist or research analyst (which is doubtful because they have different types of thinking) the graphologist would seriously question the honesty of the man. Looking for further clues of dishonesty would be the next step.

how how we now 6

Even the bland, mechanical copybook writing has some strokes of concealment and other dishonesty indicators. Therefore it takes evidence of at least five signs of dishonesty —repeated evidence, and this is the need for a page or more of writing as a sample—before the graphologist can be sure how to interpret the dishonesty stokes.

The integrity and good name of the writer are at stake; also the reputation of the graphologist. A wrong guess would make him liable for a slander suit.

A third method of being sure, Bob, is to learn graphology yourself. New classes are being formed regularly. Beginning classes for fun and entertainment deal with surface tics and strokes and introduce graphology to the student. Intermediate classes teach the more serious student to recognize handwriting patterns and interpret them. In-depth and advanced classes train the student for potential professionalism.

When you know how to analyze writing yourself, Bob, youll never be in doubt about having an employee again.

Information about classes and analysis of your handwriting can be obtained by sending at least five lines of writing and your signature to Eldene Whiting, c/o Sentinel, Box 9008, San Diego, Calif. Please include $2 and a self-addressed, stamped business envelop for your word check list and a full page of analysis. All correspondence is prompt, personal and confidential.

Low bidder questions school contract offer

Representatives of Camera Systems International of La Jolla appeared before the Board of Education last week to defend their low bid offer to supply the San Diego Unified School District with a multi-purpose closed circuit television system.

Camera Systems International, with a low bid of $34,839, expected to be awarded the contract, but Howard Crofts, associate superintendent for services to schools, made a recommendation to the Board of Education to accept a $42,396 bid from the Recording Center Inc. of San Diego.

Crofts told board members that the La Jolla group's literature was incomplete and that it was unable to furnish samples within the time required. Camera Systems International representatives said that board members were simply not familiar with their organization and that they were prepared to supply top equipment for their bid. They complained that the board was not acting wisely in paying $7,000 more for the same services.

Board members agreed to give the matter further consideration and did not vote on the award of the contract.

The multi-purpose closed circuit television system is designed to provide high quality video tape production facilities for job training and educational upgrading. It is a portable system constructed to provide maximum flexibility with ease of operation. In addition, an individualized study carrel system is included to provide access to video tape material.

The system includes its own generator.

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Mission Valley Center, San Diego
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THE Beverly Carlton MOTOR HOTEL
Glamour in the heart of BEVERLY HILLS
In The Heart of BEVERLY HILLS
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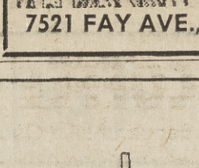
"Fashion by the Yard"
Hansen's Yardage
Since 1947 — Quality and Service
Fabrics for your school and fall sewing now arriving
Name labels made—buttons and belts covered.
"It's fun to sew and save"
7521 FAY AVE., LA JOLLA 454-4040

A dollar saved is 5% to 7½% earned!

Tippecanoe and SaverLife too!

With great exuberance and jubilation, San Diego Federal Savings and Loan Association proudly and vociferously announces the doubly Grande Opening of two new offices!
FASHION VALLEY AND SOUTHEAST SAN DIEGO

Join Our Grande Olde Independence Day Rally-round!

Munch, ye countrymen, on apple pie!
What could be better than apple pie in July? With our compliments. Coffee, too.

Free favours!

Free favours for all!
Colourful balloons for the children to make the holiday more festive!

Apple pie

Wave the colours on high! Doubly free for all.
Receive your choice of any two gifts (while they last). Choose from a packet of historical July 4 postcards, Olde Glory hand-waving flags and lapel pins, antenna flags, historical document reproductions, John Philip Sousa records, and more.

Balloons

Witness death-defying lighter-than-air flight!
Our resident balloonist will give balloon ascension demonstrations twice daily on July 1, 2, 3, 10 & 11.

FASHION VALLEY OFFICE ONLY

Celebrate at any office.
San Diego Federal SAVINGS AND LOAN ASSOCIATION

SIXTH & A, DOWNTOWN / GROSSMONT CENTER
NORTH CLAIREMONT SQUARE / SOUTH BAY PLAZA
SOUTHEAST SAN DIEGO
Hours: 9 to 4:30, Mon.-Thurs.; 9 to 5:30, Friday

Oh, yes. We almost forgot. San Diego Federal is a great place to save. You can earn 5% to 7½% per annum on your savings, and savings placed by July 10 earn from the first of the month. Remember, too, to ask about SaverLife! A unique new plan that combines high-earning savings with low-cost life insurance.

FASHION VALLEY EAST
next to the Smuggler's Inn restaurant (Junction Hwy. 395 and Friars Road).

SPECIAL HOURS:
10 to 6, Mon.-Thurs. and Sat.
(except July 4th) 10 to 9, Friday

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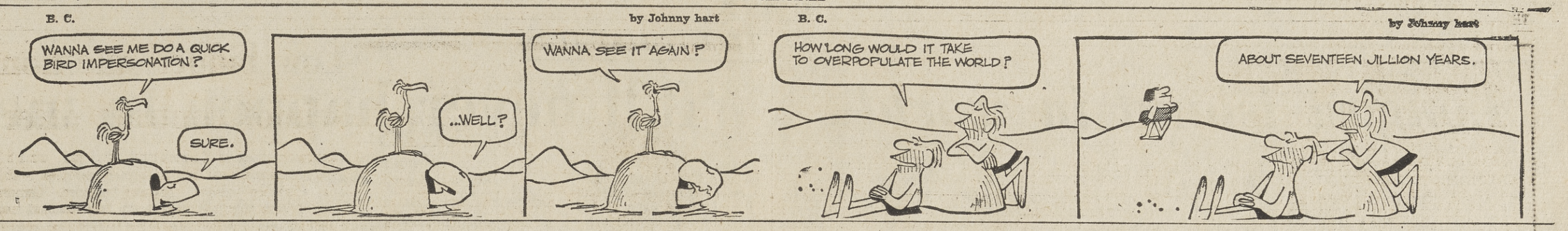


Shores youths win at fair

Several North Shores young persons walked away winners after judging of the junior home economics clothing and textiles competition at the Southern California Exposition.

In the picture or wall hanging division, James Valerio, 4932 Mount Valerio Drive, Clairemont, won a second place award. Robin Crie, 5628 Taft Ave., La Jolla, received a third place.

Susan Smith, 3944 Milan St., Ocean Beach, won a second place award in the toy category. Kathy Jo Meindl, 3295 Mobley St., Clairemont, won a first place for a set of two kitchen towels.

In the sewing and needlework division Pamela Vojtka, 2810 Inverness Drive, La Jolla, won a first place for an apron. Georgia Vojtka, 2810 Inverness Drive, La Jolla, placed first for a blouse.

In the daytime dress subdivision, Linda De Fur, 3176 Mooney St., Clairemont, won a first place and Maureen McKinnon, 4523 Mount Herbert Ave., Clairemont, also placed first. Leslie Anne Hjermstad, 8687 Dunaway Drive, La Jolla, placed second.

For evening dresses, JoAnne Minette, 2636 Lunda Drive, Clairemont, picked up a second place and Robin Ann Taylor, 2925 Sego Pl., Serra Mesa, won a third place award.

In the playclothes division, JoAnne Minette won a first place award; Christina Vojtka won a second and Linda De Fur won a third place award.

For skirts. Linda Dee Fur, placed second; Christina Vojtka and Georgia Vojtka placed second; and Maureen McKinnon placed third.

For suit and coat competition Gabriella Balla, 4726 Chickasaw St., Clairemont, placed first; Cherie R. Johnston, 3743 Cowley Way, Clairemont, placed first; Jo Anne Minette placed first; and Georgia Vojtka placed second.

In the miscellaneous articles division, Cathy Valerio, 4932 Mount Antero Drive, Clairemont, placed second with a bib. Christy Maltese, 1022 Van Nuys St., Pacific Beach, and Cindy Price, 4440 Point Loma Ave., Ocean Beach, won second place awards.

To Your Health

Carbon monoxide is a gas that escapes every time a cigarette is lighted. If you inhale cigarette smoke, there is no way to block the gas from entering your bloodstream. Filters cannot trap the gas.

What happens when carbon monoxide gets into your bloodstream? A team of Danish researchers at the University of Copenhagen have found out. Carbon monoxide rapidly depletes the oxygen-carrying capacity of the blood. Your lungs, heart and brain need plenty of oxygen to survive.

The dangerous fact about carbon monoxide is that it conbines rapidly with hemoglobin. The resulting combination is called carboxyhemoglobin. The normal level rises to five to 10 per cent and there is outright interference with oxygen transport. Heavy cigarette smokers often have levels up to 20 per cent.

The Danish investigators tried to figure out how carboxyhemoglobin does its damage by using animal models. They found that cigarette smoke makes blood vessels more permeable, thus allowing an increased flow of fat through vessel walls. Some of this fat is deposited, leading to atherosclerosis.

Smoking, of course, has other disastrous effects, too. But the minute you stop smoking, your body goes to work to repair the damage. You will breathe easier and feel less tired. Your circulation will improve. And your heart and lungs will have a chance to defend themselves.

Your Christmas Seal association is conducting a month-long campaign this month to convince anyone who still smokes to kick the habit. Your association knows it's a matter of life and breath.

SAFEWAY

FOODS FOR THE HOLIDAY!

MOST SAFEWAYS OPEN ON SATURDAY JULY 4th!

POPULAR CIGARETTES
Popular Brands—Regular or King Size
100 MM's ctn. $3.25
ctn. (plus tax) $3.15

PARTY PRIDE POTATO CHIPS
Regular or For Dips—Fresh and Crisp!
MORE for your DOLLAR
10½-oz. pkg. 54¢

BANQUET TV DINNERS
Flash Frozen—Choice of 17 Varieties
MORE for your DOLLAR
11-oz. pkg. 37¢

COTILLION ICE CREAM
Catering Quality in 10 Delicious Flavors
MORE for your DOLLAR
½-gal. ctn. 69¢

Discount Prices

USDA CHOICE
CHUCK STEAKS
U.S.D.A. Choice Beef Blade Cuts—Perfect for an Outdoor Barbeque. lb. 59¢

OBERTI RIPE OLIVES
Large Size, Pitted—Rich in Flavor
SUPER SAVER
8¼-oz. can 29¢

CRAGMONT FULL QUARTS
Soda-Pop—Large Assortment of Flavors
SUPER SAVER
quart bottle (plus deposits) 12¢

GRADE 'AA' MEDIUM EGGS
Cream O' the Crop—Farm Fresh!
Large Size 45¢ Extra Large 50¢
1-doz. ctn. 39¢

GERBERS BABY FOOD
Assorted Varieties of Strained Fruits & Vegetables
MORE for your DOLLAR
each jar 9¢

Discount Prices

USDA A Grade
FRESH TURKEYS
Young Grade A Hens
New Crop—10-14-lbs.
Frozen Hen Turkeys Poppy or Norbest Brand lb. 47¢
lb. 49¢

BANK ON SAVINGS AT DISCOUNT PRICES!
Mayonnaise — Nu Made Creamy-Smooth. Adds Wonderful Taste To Salads, Sandwiches—It's So Fresh Too! qt. jar 49¢
Snack Crackers — Nabisco Choice of 9 Varieties. Great For Parties or Anytime! box 44¢
Coldbrook Margarine — 1-lb. ctn. 19¢
Razz-Ma-Tazz — Glazed Popcorn And Peanuts. Great Treat For Snacks, Picnics Etc. 8-oz. pkg. 29
Scott Toilet Tissue — 4 roll pack 35¢
Lucerne Puddings — Assorted Varieties pt. ctn. 33¢

DISCOUNT LIQUOR BUYS
Prices Effective in Licensed Safeway Discounts
Old Calhoun Bourbon 86-Proof Half Gallon $3.88
Stanton's Gin 80-Proof For "Perfect Flavor" Half Gallon $3.88
Kavlana Vodka 80-Proof—For A Great Drink! Half Gallon $3.88
Old Calhoun Bourbon 86-Proof Quart $4.99
MacNair's Scotch Imported 86-Proof Quart $5.99
Stanton's Gin Distilled—80-Proof For "Perfect Flavor" Quart $3.99
Kavlana Vodka 80-Proof—For A Great Drink! Quart $3.99

PEANUT BUTTER
Peanut Butter Real Roast Spreads Smoothly 3-lb. jar $1.19
Peter Pan Peanut Butter—Creamy or Chunky 18-oz. jar 59¢
Skippy Creamy or Chunky Peanut Butter— 12-oz. jar 44¢

CATSUP AND SAUCES
Highway Catsup Rich And Thick Tomato 20-oz. btl. 27¢
Hunt's Tomato Sauce 8-oz. can 11¢
Tomato Paste Town House—So Rich And So Thick! 6-oz. can 13¢

Discount Prices

USDA A Grade
FRESH FRYERS
• Legs, Thighs, Drumsticks, or Livers ..... lb. 59c
• Breasts ..... lb. 69c
• Wings ..... lb. 29c
• Back & Necks ..... lb. 10c
whole body lb. 29¢

SUPER SAVER
BEL-AIR Waffles
Premium Quality—Just Pop 'Em Into Your Toaster. Ready In Seconds. 5-oz. pkg. 12¢

SUPER SAVER
AQUA NET Hair Spray
Choice of Unscented, Regular Or Hard-To-Hold Formulas 13-oz. can 54¢

"SPRING BOUQUET" Dinnerware
FEATURED THIS WEEK AT A BIG SAVINGS!
COFFEE CUP
Beautiful Fine Quality Melamine
Get Your Complete Set At Safeway
(With Each $5.00 Purchase). EACH 33¢

DISCOUNT HOUSEHOLD
Tide-XK Detergent 5-lb. box $1.36
Detergent White Magic Low Suds Heavy Duty Laundry 49-oz. pkg. 55¢
Cascade Automatic Dishwasher Detergent Cleans Thoroughly Without Spots! 50-oz. pkg. 96¢

PICKLES AND OLIVES
Hamburger Chips Zippy Brand 48-oz. jar 65¢
Whole Kosher Dills Zippy Brand 48-oz. jar 65¢
Shasta Salad Olives 6-oz. jar 45¢

Discount Prices

USDA CHOICE
BONELESS ROAST
U.S.D.A. Choice Beef Boneless Chuck for a Sunday Pot Roast. lb. 89¢

FRUITS AND JUICES
Apricot Nectar Town House Refreshing Taste! 46-oz. can 38¢
Orange Juice Treesweet Natural Rich In Vitamin C 46-oz. can 49¢
Cling Peaches Highway Yellow—Sliced Or Halved 29-oz. can 26¢
Pineapple Juice Dole's Brand 46-oz. can 33¢
Mandarin Oranges Del Monte 11-oz. can 27¢
Pineapple Del Monte In Juice—For The Taste of Fresh Pineapple 15¼-oz. can 30¢

DISCOUNT BABY FOOD
Beech-Nut Strained Assorted Varieties each 8¢
Gerber's Junior Fruits, Juices or Vegetables each 12¢
Similac Baby Formula 13-oz. can 28¢

DISCOUNT ON SPREADS
Best Foods Mayonnaise Qt. Jar 65¢
Miracle Whip Salad Dressing From Kraft Foods Qt. Jar 62¢

DISCOUNT NON-FOODS
Toothbrushes Dr. West's Medium Or Hard Bristle each 63¢
Personna Blades For Injector Razors 12c off pkg. of 5 62¢
Suave Hair Spray Really Holds 13-oz. can 59¢
Crest Toothpaste Regular Or Mint Flavor 6¾-oz. tube 72¢

DISCOUNT NON-FOODS
Vanquish The Extra-Strength Pain Formula With Gentle Buffers pkg. of 30 63¢
Milk of Magnesia Phillips pkg. of 30 tablets 36¢
Cope Unique Formula For Relief Of Nervous Tension—Trusted By Millions! pkg. of 36 81¢
Soft & Dri Gillette Non-Sting Anti-Perspirant 10c Off Label 3.3-oz. size 66¢

GRANULATED Sugar
Union Beet Sugar—All Purpose. MORE for your DOLLAR 5 lb. bag 58¢

COLORTEX Paper Napkins
Lovely Assorted Colors In One Package. Stock Up On This One! MORE for your DOLLAR pkg. of 60 10¢

DISCOUNT DELICATESSEN
Fruit Drinks Lucerne—Grape, Punch or Orange ½-gal. ctn. 29¢
Lucerne Potato Salad qt. ctn. 67¢
Imperial Margarine Tastes Like Real Butter 1-lb. ctn. 40¢
Lucerne Sour Cream pt. ctn. 51¢
Cottage Cheese Lucerne—Regular Farm Style or Low-Cal pt. ctn. 33¢
Lucerne Cream Cheese 3-oz. pkg. 14¢
American Cheese Safeway's Own Single Slice 8-oz. pkg. 43¢

DISCOUNT FROZEN FOODS
Cream Pies Bel-Air—Assorted Flavors to Choose 8-in. pie 27¢
Green Peas Bel-Air Early Garden Peas 2-lb. bag 58¢
French Fries from Bel-Air 2-lb. bag 43¢
Cheese Pizza Individual Bel-Air 6 2½-oz. pizzas 69¢
Juice Bars Bel-Air Assorted Flavors pkg. of 6 49¢
Meat Pies Manor House Quality Assorted Varieties 8-oz. pkg. 19¢
Bel-air Corn Whole Kernel—Premium Quality Golden 2-lb. pkg. 58¢

DISCOUNT BAKERY BUYS!
Hamburger Buns Or Hot Dog Skylark Baked pkg. of 8 33¢
Skylark Rye Bread Assorted Varieties 1-lb. loaf 33¢
Cinnamon Rolls Mrs. Wright's Fresh Baked pkg. of 8 29¢
Angel Food Ring Orange Party Delicious 12-oz. pkg. 39¢

DISCOUNT ON FILM
Kodacolor Film CX-126 12 Exposure each $1.14
Instamatic Camera #44 each $8.88
Kodachrome Film K-135—In 20 Exposures each $1.74
Polaroid Film Black & White #107—Low Price each $2.57

DISCOUNT VEGETABLES
Cut Green Beans Town House 8-oz. can 17¢
Del Monte Peas Early Garden Tender & Sweet 8½-oz. can 17¢
Del Monte Corn Cream Style Rich Golden 8¾-oz. can 17¢
Sliced Beets Town House—Rich In Iron & Minerals 8¾-oz. can 13¢

DISCOUNT PAPER GOODS
Toilet Tissue Truly Fine Assorted 4-roll pack 49¢
Zee Paper Napkins pkg. of 60 11¢
Kotex Napkins Sanitary—Regular or Supers pkg. of 24 77¢
Tampax Tampons Regulars or Supers pkg. of 10 43¢

SUPER SAVER
BEL-AIR Orange Juice
Frozen Concentrate Rich In Vitamin C And Other Minerals 6-Ounce Can 19¢

MORE for your DOLLAR
GRADE 'AA' FRESH BUTTER
Shady Lane—Made From Fresh Churned Dairy Cream 1-pound carton 79¢

Discount Prices
ON SPARKLING-FRESH FRUITS & VEGETABLES

BANANAS
Fancy Quality—Firm And Golden Cabana's. Ideal To Slice Over Breakfast Cereals, Slice Into Gelatin Salads, Etc. lb. 10¢
Peaches Red Haven Freestones 4 lbs. $1
Corn Sweet Golden Tender Kernels—Large Size Ears 6 for 49¢
Onions Large Reds Sweet Italian—Salads, Etc. 2 lbs. 25¢
Celery Large Size Stalks Fresh, Crisp And Tender Too! each 19¢
Lettuce Large Bunches Romaine, Bronze or Butter each 10¢
Carrots Packaged Fresh Daily Too! 3-lb. pkg. 29¢
NECTARINES
Large Size Freestones Sun Grande Variety. Taste Tempting Flavor In Every-Bite. So Juicy And Sweet Too! lb. 29¢
Sunflower Seeds Great for Just Nibbling 45¢
Pineapple Large Whole Ripe Ready To Eat. (Halves 29c) each 49¢
Papayas Or Mangoes Extra Large Size each 39¢
Oranges Fancy California Valencias 8-lb. bag 88¢
Tomatoes Large Size—Vine Ripened Too! 4 lbs. $1
Cucumbers Fresh Long Green Slicers 2 for 25¢
Lovely Assorted MUMS Gift Quality Foil Wrapped Georgeous Colors $1.99 each
All Organic BIO-HUMUS 50-lb. bag $1.15
Dichondra WEED & FEED (Covers 2,500 Sq. Ft.) Safeway Brand Guaranteed Too! $5.99 each
Multi-Purpose PLANT FOOD (Covers 6,000 Sq. Ft.) Safeway Brand In Pellet Form $1.99 bag

DISCOUNT ROAST PRICES!
Center 7-Bone Roast USDA Choice lb. 69¢
O-Bone Beef Roast Shoulder Cut USDA Choice lb. 69¢
Beef Cross Ribs USDA Choice Lean and Meaty lb. 69¢
Corned Beef Boneless Brisket—Point Cut (Flat Cut ... lb. 99c) lb. 89¢

BONELESS HAMS
• Farmer John Tavern—Half
• Sigman Hickory Smoked—Half
$1.39 lb.
• Hormel Cure 81 • Wilson Festival • Morrel Chef • Luer's Mini • Dubuque Royal Buffet • Oscar Mayer Jubilee $1.49 lb.

Canned Ham • Dubuque Royal Buffet • Rath's Hickory Smoked • Swift Premium • Luer's 5-lb. can $4.69
Large Canned Ham • Dubuque • Swift • Luer's 3-lb. can $7.49
Sliced Bacon • Corn King • Sigman • Dubuque Miss Iowa • Luer's Iowa Farms 1-lb. pkg. 68¢
Hormel Bacon Also Rath's Sliced & Dubuque Royal Buffet 1-lb. pkg. 79¢
All-Meat Franks Safeway Brand Tender And Juicy 1-lb. pkg. 59¢
Sliced Bologna Safeway's Own—For Snacks or Sandwiches 1-lb. pkg. 79¢
Cook's Pastrami Fully Cooked 1½-2 lbs. Ave. Wt. lb. $1.09
Cornish Game Hens Manor House 20-oz. Min. Wt. ea. 79¢

LOW DISCOUNT PRICES!
Danola Sliced Ham 4-oz. pkg. 63¢
German Brand Franks 1-lb. pkg. 89¢
Ring Bologna Real Old German Flavor 12-oz. pkg. 39¢
Smoked Beef Sticks 1½-lb. pkg. $1.88
Pre-Cooked Sole Fillet lb. 89¢
Pre-Cooked Haddock lb. 89¢
Shrimp Puffs Mrs. Friday's Product 16-oz. pkg. 59¢
Shank Portion Ham lb. 58¢
Butt Portion Ham lb. 68¢
Center Ham Slices lb. $1.38
Oscar Mayer Bacon Thin Sliced 12-oz. pkg. 89¢
Oscar Mayer Bacon Full View 1-lb. pkg. 88¢
Oscar Mayer Wieners 1-lb. pkg. 78¢
Luer's Wieners Or Farmer John Wieners 1-lb. pkg. 88¢

SAFEWAY
Prices Effective Thurs. thru Wed., July 2, thru July 8, At Local Safeway Discounts

PASS IT ON

Longest island in world

By L. M. BOYD

ANOTHER REASON YOU don't see any too many tanned elephant hides is it takes about a year to tan one. While sleeping, one man in eight snores and one man in 10 grinds his teeth. Which do you prefer, young lady? Cedric Adams contended the oldest child in a family was generally the more selfish.

MURDER—MAYBE YOU'VE heard of the annual International Police Convention. Top officers from about half a hundred nations gather at same. Mostly what they talk about is murder. And at a recent such get-together, they agreed, almost unanimously, that the most ingenious murders are committed in England, although none could explain why British killers are so cunning.

Boyd

OPEN QUESTION—WHICH is better—to wrap an infant tightly in its receiving blanket when putting it to sleep or to cover it loosely so it can wiggle and kick freely?

CUSTOMER SERVICE—Q. "I'm a retired newspaperman who suggests you be a little more careful of your facts. I make a practice of verifying your claims and found some inexcusable discrepancies." **A.** Is that true? All right, sir, there are 2,728,100 letters in the Old Testament and 838,380 letters in the New Testament. Certainly hope to hear from you again in a few years. **Q.** "What's the longest island in the world?" **A.** That would be the Padre-Mustang crescent along the Texas coast.

GET IT RIGHT—ALWAYS thought basketball players were called cagers because the basket looks like a cage. That's wrong. Research reveals the early players themselves performed within great wire cages. To keep the ball in and the spectators out.

WHEN THE SCHOLARS report a man's skin weighs 8½ pounds and would just about fill up a gallon jar, you get to wondering how they found out, or at least I do. In ancient Rome, history records there were only three grounds for divorce — adultry, child poisoning and changing the lock on the bedroom door.

"DO TODAY'S FLOWER Children come from Potted Parents?" inquires a whimsical subscriber. At filling stations, the average credit card sale runs about $2 more than the average cash sale. To graze the grass to the ground, a moose has to kneel, and this slows him down considerably.

TALK TEST—LET'S SAY you want to buy a talking parrot. But want to know first if said parrot can really talk. Nothing to it. Hold a mirror in front of it. If it won't talk when it sees its reflection, it can't.

Your questions and comments are welcome and will be used whenever possible. Address mail to Pass It On, c/o the Editor, the Sentinel, 2724 Garnet Ave., San Diego 92109.

Prolific La Jolla author draws on his experience

By SARAH CONGDON

LSD in the Kool-Aid at San Diego PTA carnival?

The 17-year-old Chicano hero of La Jolla author Frank Bonham's latest book didn't really slip acid into the punch.

But he explains to the judge in Juvenile Court later that the crowd at the carnival began hallucinating, anyway, when they thought they'd had a dose.

THE HOAX PROVED THIS point that there is no justice for the fellow who's once been in trouble -- parents, neighbors and police assume the worst, sure that trouble is his element.

The novel "Viva Chicano" was written for 17-year-olds, but there's a waiting list for my copy -- and those who want it span the decades.

Bonham has written 36 novels and 500 short stories and novelettes. He turned to children's books after the demand for mysteries and westerns waned -- much as he began mystery novels when the bottom fell out of the pulp magazine market, Bonham said.

BONHAM IS ONE OF 240 fulltime freelance writers in America who are self-supported by writing, according to Pearl Buck. Bonham and his wife, Gloria, live with their third son a La Jolla High student, at 8302 Sugarman Dr. Two other sons are grown.

HE HAS LIVED 15 YEARS in San Diego, has been writing since age 20. From Saturday Evening Post et al he turned to television script writing before research for a mystery book in Little Tokyo, Los Angeles, brought him into contact with an intelligence man from Merrill's Marauders -- the behind-the-lines force in Burma.

The book he wrote 10 years ago, called "Burma Rifles," was shaped around the Nisei, Japanese-Americans.

He wrote a book for white middle-class Americans about teenage gangs "to let them know what it was like to be raised in a ghetto where you either belong to a gang or they use you for bayonet practice. The book, "Durango Street", was ignored by whites.

"But the black kids grabbed it. It was released the week of the Watts Riots, and the front jacket shows six or eight black kids in an alley. Now, it's on the Los Angeles City Schools' textbook list," he said, along with two other Bonham books.

BONHAM SAID HE VISITED a low-index junior high reading class in Watts, and learned that two boys in the class had never read a book until they dicovered "Durango Street," and they became almost impulsive readers.

"One had almost flunked shop, because he was supposed to be pounding sheet metal and he was reading," Bonham said.

"The lesson to me was, if you offer the kids something that relates to their lives, they're going to read it. So I decided I could do worse than spend my time writing their kind of books."

In one disadvantaged class where Bonham was invited to speak, he said the questions the boys asked were touching. "When I asked one if he'd read the book, he said: 'Three times.'"

He said feedback he gets from black kids is different from whites -- the blacks are undemonstrative in their comments.

BUT THE GROUPS HE EXplores are not limited to minorities. "The Vagabundos" was written about those with too much money and too much time on their hands.

"I had opportunity to study the affluent up close in Rancho Santa Fe, and I wrote the book about a man going out of his mind because he'd retired too early. His son was following in his footsteps. The characters were each blended from two or three people I knew. The father disappears, and the son picks up his trail in Baja. Both learn a lot.

"The father had been doing strange things. A man in Rancho -- this actually happened -- had been watching a neighboring house go up, and he was disturbed because the roofline looked wrong to him. So one weekend when the workmen left he actually got out and changed the roofline himself.

"And the book has a woman domination theme. I've seen it in La Jolla, too, where women often run the show. Maybe it's because often the money belongs to the woman," Bonham said.

HE WROTE A BOOK AS yet unpublished about a little girl who wants to learn to play a tuba, in an apartment house. The story was inspired by a downtown San Diego music store window diplay "of shiny tubas and horns like brass plumbing."

Another book still unpublished is "The Mystery of the Cool Cat," a sequel to "The Mystery of the Fat Cat" which he says was based on another La Jolla incident. (Fat Cat is a textbook in Los Angeles).

Bonham said a doctor in La Jolla died and left $450,000 to his cats, with the order that on the death of the last cat the money was to go to George Washington University.

"The university was antsy for its money, but in my story Hellcat wouldn't die. It was costing thousands to keep him alive, on two canes and about 20 years old. I had a woman leave the money to a broken-down Boys Club. The cats' caretaker finally keeps a standin cat so he can collect expenses."

IN "VIVA CHICANO," REleaed by E. P. Dutton and Co. Inc. three weeks ago, Bonham has 17-year-old Joaquin Duran on the lam and lonely. His only hope for a future comes through as a frustrated glimmer of pride that he's Mexican.

Desperate for companionship, the youth steals a cardboard stand-up dummy of the Mexican revolutionary Emiliano Zapata from beneath a theater marquee -- and the two form a mystical rapport.

Bonham got the idea when he spent a summer three years ago working in concentration in the Vermont winter house of a relative who does snow paintings. Without his family, Bonham said, loneliness closed in and he went into a drugstore for a hamburger.

He said he saw two girls in bikinis, sneaked another look and discovered they were display dummies. He played with the idea of stealing them to take home for companionship – and the Zapata dummy evolved.

"ZAPATA IS A FIGURE I had always admired. He is quite a hero to Chicano kids, a moralist who stood aside, the Thomas More of Latin America. It takes time to recognize his greatness, probably much as Che Guevara will be more highly regarded in the future than most of us regard him now."

Bonham's "Viva Chicano" is dedicated to Kenneth R. Cilch of the California Youth Authority in San Diego, a parole agent who founded Parolee House here. Cilch is characterized in the book.

"The house is home to about 15 boys -- 19 now — boys like the boy I wrote the book about. I understand there are about 5,000 kids in East Los Angeles, and who knows how many in San Diego, who have no home at all.

"They sleep in people's cars or homes or wherever they can. Of the 19 in Parolee House right now, only two have suitable homes. So when kids are released from confinement they usually go to a Skid Row hotel at age 14 or 15, or back to the home that drove them into trouble in the first place.

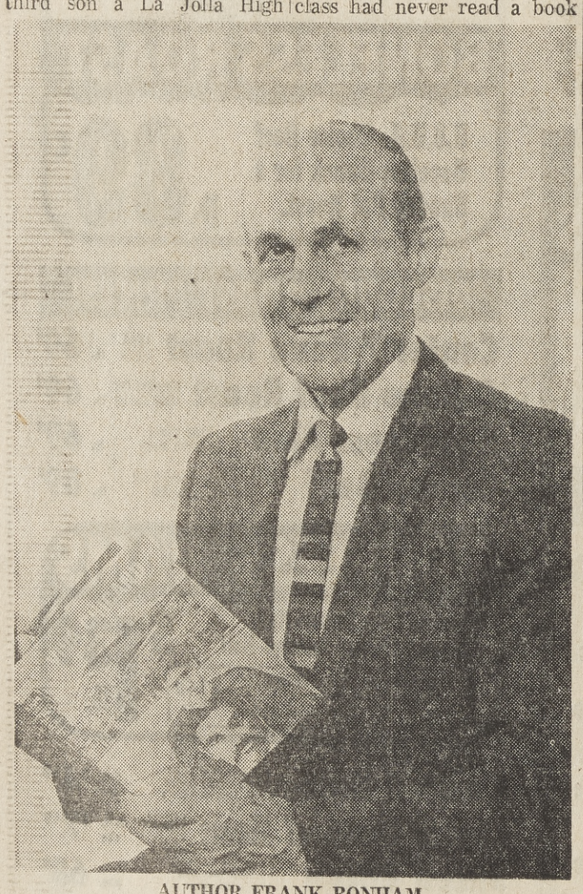
"AND THEY'RE UNDER orders to stay away from other parolees, or they were the last I heard, and those are their only friends.

At Parolee House the kids support one another, go to school or work or both. They have rap sessions to discuss their problems, make their own laws.

"You know, it cost $6,000 per year per kid in an institution, and the hard-liners say 'keep 'em locked up if they can't stay straight.' But 15 guys made it on $5,600 in a year at Parolee House, less than one costs in an institution.

"I was so impressed with what went on there I had to use it in a book. Last week we celebrated two high school graduations there, and the two boys are going to college.

"It was a red letter day for all of us," said Bonham, who is on the Parolee House board of directors.



AUTHOR FRANK BONHAM
One nearly flunked shop, reading too much.

CERTIFICATE FOR TRANSACTING BUSINESS UNDER A FICTITIOUS NAME
No. 51195

It is hereby certified that the undersigned is transacting business in San Diego, County of San Diego, State of California, under a fictitious name, or a designation not showing the name(s) of the person(s) interested therein, to-wit:

BALBOA LOCKSMITHS

WITNESS my hand this 30th day of June, 1970.

Robert H. Ekholm
2727 DeAnza Rd. H18, San Diego

STATE OF CALIFORNIA)
COUNTY OF SAN DEGO)ss.

On this 30th day of June, 1970 before me R. B. JAMES, County Clerk for the County of San Diego, personally appeared

Robert H. Ekholm

known to me to be the person whose name is subscribed to the within instrument, and acknowledged to me that he executed the same.

IN WITNESS WHEREOF, I have here unto set my hand and affixed the seal of the County Clerk the day and year in this Certificate first above written.

R. B. JAMES, County Clerk
By W. H. WEINER, Deputy
(SEAL)

(July 2, 9, 16, 23, 1970)

STEALING LIMELIGHT

You can't upstage a clown, Don Diego (Tommy Hernandez) and Fairest of the Fair (Sharyn Yettra of Pacific Beach) find out at the Southern California Exposition's midway as George Pearsal (Captain Pinky), a volunteer clown from the San Diego Clown Club, comes out from under the roadster top to make his bid for fat-lipped attention.

TELL IT LIKE IT IS

'It'll never happen to me'

By ROGER TAYLOR
Drug and Narcotic Counselor-Teacher

Readers:

A reminder brought about by recent requests—copies of a list of "Drug Jargon" and interpretations are still available. Please send a self-addressed stamped envelope with your request to "Narco Jargon" c/o Sentinel.

Mr. Taylor:

I've got a real problem. What do I say when someone wants me to take drugs? They'll call me chicken if I don't and I'd probably get in trouble if I do. I don't want to lose my friends but I don't need drugs.

Confused.

Confused:

First let's examine your "friends." "Do your own thing," should apply to you just as it does to them. Now let's take a look at you. I remember an old saying that started, "sticks and stones." Whatever else I could say, drug abuse is illegal. Are you a follower or an individual?

Mr. Taylor:

I've been following your column since you started. I've read about LSD, THC, DMT and STP. Now I've heard of one called MDA. Is this for real?

Faithful Reader.

Faithful:

Are you ready? MDA is Methylene Dioxy Amphetamine, a high-powered hallucinogen that in its pure form can trip you for from three to five days. It's one of the newer psychedelics and I can't give you a recognized treatment for bummers. Shall we try LBJ—the drug?

Mr. Taylor:

During a recent social problems class in school, we got into a rap about the responsibility of the school for a kid that's really messed up on drugs. Does a teacher or an adviser have to tell the principal about this kid? Even the teacher wasn't too clear on his responsibility.

Name Withheld.

Name Withheld:

Physical or mental hassles caused by drug abuse, IF constituting a serious threat to the student's life or well-being, are considered a crisis. A crisis must be reported to the principal of the school. It is then the principal's decision as to what course will be followed.

The State Education Code specifies that if a student is holding or stoned, the authorities must be contacted. If the student is clean and not stoned, but really messed up with drugs, the school and the counselor must decide whether the parents can assume responsibility for the problem.

The parents have got to be given every chance to help their child. I hope this answers your question; to go much further really gets bogged down in legalities.

Mr. Taylor:

You've probably heard this question a million times but it's really caused some problems in our home. How can I answer my son when he cites evidence that alcohol is more harmful than marijuana?

Name Withheld.

Name Withheld:

I'd question his "evidence." It's difficult to make statements, pro and con, when we're dealing with distinctly different drugs. Abuse of alcohol by the "lush" is a problem in our society; abuse of maijjuana by the "pot head" can be a greater problem.

Personality is the key and nobody can predict personality and its potential for seeking change or escape. Changing life styles are a real danger with the marijuana user. Another very real danger is the law—marijuana is illegal.

We've been fortunate in being able to distinguish between "use" and "abuse" of alcohol through the centuries. The clarity of this difference with the marijuana user is much less definable according to the World Health Organization. There are, however, many research projects now in progress that we hope will shed more light on this controversy.

Be a student and not an "expert." Watch the news media; consider the source; don't be misled by "word power." Many of our present arguments of dependency, depressant versus stimulant qualities and physical effects are purely academic.

That alcohol is a problem in our society can be substantiated by the more than six million alcoholics reported to be in America. Marijuana, as a chemical that can induce dependence, has the same potential. I know I haven't solved your problem but I hope I've shot some holes in the debate.
Confidential to D. J.

Your letter was a real shot in the ego. I'm glad his head is getting straight. Please don't condemn yourself for not always following through with suggestions these past months. It's tough just being a mother; and it's tougher being objective when your son's in trouble. No, the news didn't "blow my mind" but it's great being on the winning side of the score board.

Address all inquiries to TELL IT LIKE IT IS, the Sentinel, P. O. Box 9008, San Diego, 92109. The identities of all inquirers will be held confidential by Mr. Taylor, and no letters will be opened by the Sentinel office.

* * *

GLOSSARY

Joint—prison (don't confuse with marijuana cigarette)
Geeze—using a needle intravenously
O.D.—overdose
Holding—in possession of illegal drugs
Reds—Secobarbitol (a barbiturate)
Pot Head—NOT ALL marijuana users are pot heads; all pot heads are marijuana users.

(Conclusion of a four-part interview with a female ex-addict)

"We hear a lot about marijuana versus alcohol . . . "

"Once you become dependent on any chemical, you're playing with emotions. Like I said earlier, weed made me laugh and I just liked to laugh. Man, dope fiends were in another world; it wasn't going to happen to me."

"But not all marijuana users will become heroin addicts!"

"Right! But I did! It's the personality . . . sometimes the environment . . . who knows."

"When we first started talking, you talked of shooting shaving lotion; and we know about heroin; what else did you geeze?"

"Anything . . . reds, tranquilizers, belladonna . . . "

"Didn't you do any reading? Didn't you know you might die? Some of your friends had already O.D.'d . . . (over-dosed).

"Yeah, you read . . . and you watch friends die. But then you say, 'It'll never happen to me.' You get terrified . . . and then you fix and you're safe again . . . "

"I'm impressed by your sincerity, even though it sounds a bit Hollywood at times — the war stories. It really took guts and a lot of time to put down, didn't it?"

"Yeah, the joint gave me a lot of time — time to think. You don't realize what freedom is — the right to vote, or to have a checking account, the right to sign a contract . . . even the freedom to do little things like watch the TV program you want."

"But even with all that time, you kept going back to dope . . . "

"You become dependent; I didn't have any strength . . . didn't really know myself. Little by little . . . I'd start a book and finish it; that's a small success, but it's success."

"Would you take dope again?"

"I could set myself up; I have my ups and downs like everybody else. I've got to be careful — how I live, where I go, who I associate with . . . life styles are tough to change."

Many psychologists hang their hats on the concept that all individuals have four basic needs: 1. SECURITY 2. RECOGNITION 3. RESPONSE 4. NEW EXPERIENCES—not necessarily in that order. Kids, why not toss that around with your parents tonight at the supper table.

What's going on around here?

. . . a guide to some of the activities and events in the North Shores and the city

TODAY

3rd Annual U. S. Masters Track & Field Championships: Balboa Stadium (men 40 and over). Phone 236-5717 for information.

Art Exhibits: House of Charm, Balboa Park, San Diego Art Institute; weekdays, 10 a.m.-5 p.m.; Sun., 12:30-1 p.m.; closed Mondays. Phone 234-5964 for information.

Boat paintings: Gallery artists in various media: Shelter Island Gallery of Art, 2730 Shelter Island Drive; Sun., 1-6 p.m. Mon. & Tues., 1-10 p.m.; Wed.-Sat., 10 a.m.-midnight. Phone 222-4665 for information.

TOMORROW

San Diego Youth Symphony Orchestra: benefit concert with Carmen Dragon guest conductor; Vacation Village Amphitheatre, 8 p.m. Tickets, phone 274-4630 or 232-3078.

La Jolla Art Mart: on the lawn of La Jolla Community Center, 615 Prospect St.; 9 a.m.-5 p.m. Runs through July 5.

Puppet Show: "Coldilocks and the Three Polar Bears"; Puppet Theatre, Balboa Park, 1:30 and 2:30 p.m. Runs through July 5.

SATURDAY

Clairemont's 8th Annual old-fashioned 4th of July Celebration: Parade at 2 p.m. at the Quad; Picnic, games, fireworks following parade at recreation center in Whittier Park.

Film: "One Potato, Two Potato;" USD, Alcala Park, 7:30 p.m. Free. Phone 296-6113 for information.

17th Annual old San Diego art fiesta: Old Town Plaza, 10 a.m.-5 p.m. Tomorrow also.

Film: "The World of Jacques-Yves Cousteau;" Natural History Museum, Balboa Park; Sat. 7 p.m.; Sun. 1:30 p.m. and 3 p.m. Phone 232-9146 for information.

SUNDAY

Over-the-line softball tournament: South Mission Bay; sponsored by the Old Mission Beach Athletic Club.

Alcala Trio Concert: USD, Alcala Park, 8 p.m., Free; Phone 296-6113 for information.

Organ Concert; Organ pavilion, Balboa Park, 2:30 p.m.

Folk Dance program: Balboa Park Club, 2-5 p.m.

San Diego Archers tournament; Deer Shoot; Field Range, Balboa Park, 9 a.m. Phone 236-5717 for information.

MONDAY

Organ concert, Organ Pavilion, Balboa Park, 8:30 p.m. Free.

TUESDAY

Royal Lipizzan Stallion show: Community Concourse, 8:30 p.m. Phone 236-6510 for information.

WEDNESDAY

Preschool story time: 10:30 a.m., Children's room, Central Library, 820 E Street.

Organ Concert; Organ pavilion, Balboa Park, 7:30 p.m. Free.

Youths aid with Expo publicity

The Adventures Unlimited group from Christian Science Sunday Schools in San Diego County helped with stuffing information brochures on the 10-article weekly series in the Christian Science Monitor, starting June 25 and entitled "Stop the Drunk Dirver." These brochures are being handed out at the Del Mar Fair, Christian Science Monitor booth, to July 5.

CONGRATULATIONS

The Rev. J. Larry Yoder, associate pastor of Christ Evangelical Lutheran Church, congratulates Harry Frye for his work as project coordinator in the building of the new associate pastor's residence. Looking on after the Service of Blessing, (left to right), are Russell Espeland, Parsonage Building Committee chairman; Mrs. Yoder and the Rev. Quentin P. Garman, senior pastor of Christ Lutheran. The blessing of the parsonage was held recently.

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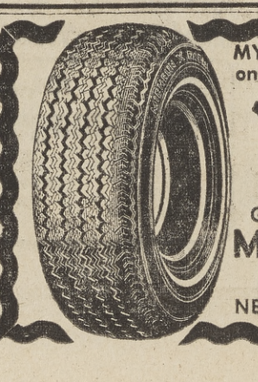

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